

# High School Coffee Cart Guidance

## Resource



### HIGH SCHOOL COFFEE CART GUIDELINES

In an effort to promote school health, the Healthy and Hunger-Free Kids Act of 2010 established nutrition standards for all foods sold in school, which includes high school coffee carts. Caffeinated beverages are allowed in high schools only. To assist with the use of coffee carts in high schools, please keep the following guidelines in mind:

### ALLOWABLE ITEMS UNDER THE SMART SNACK BEVERAGES RULES

#### Allowable Items:

- 1 percent milk, unflavored
- Fat-free milk, flavored or unflavored
- Non-dairy beverages (must be nutritionally equivalent to cow's milk per FDA requirements)
- Tea\*
- Black Coffee\* and Americano\*

\*Cream and sugar may be served as accompaniments, but must be monitored and limited to the amount specified on the recipe and comply with the nutrition standards for "other" beverages.

### COFFEE BEVERAGE EXEMPTIONS

- If fat-free flavored, fat-free unflavored or 1 percent unflavored milk is used in a coffee drink, calories from the milk can be subtracted from the total calories of the coffee drink.
- If 1 percent flavored milk (and other non-reimbursable milk varieties) is used, this must be added to the total calories for the coffee drink.

### NUTRITION STANDARDS FOR OTHER BEVERAGES

- Other flavored and/or carbonated beverages that are  $\leq 12$  ounces must contain:
  - $\leq 40$  calories per 8 ounces; or
  - $\leq 60$  calories per 12 ounces
- Other flavored and/or carbonated beverages that are  $\leq 20$  ounces must:
  - $\leq 5$  calorie per 8 ounces; or
  - $\leq 10$  calories per 20 ounces



### SMART SNACKS AND COLORADO HEALTHY BEVERAGES POLICY

The beverage policies adopted by district boards of education and the state of charter school institute, pursuant to Section 3.0, may permit the sale of beverages to students on school grounds during both the regular and extended school day if those beverages meet the United States Department of Agriculture (USDA)'s current regulations for nutrition standards for beverages sold in schools.

The sale of non-compliant beverages may be permitted, at school-related events, where parents and other adults are invited attendees.